

NAVY AND MARINE CORPS PUBLIC HEALTH CENTER **UPDATE**



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
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Spotlight: Operation Continuing Partnership 2015

By: Health Analysis Staff, NMCPHC



"It was remarkable to see the dramatic impact to quality of life we could make for individuals and the goodwill we could build with nations."
- LCDR Hurd

LCDR Hurd, NMCPHC Health Analysis Department Head, spent six months aboard the hospital ship USNS Comfort during Continuing Promise 2015. He served as the Preventive Medicine Detachment lead, providing preventive medicine expertise, maintaining crew readiness, and being a representative to foreign national senior medical personnel.

LCDR Hurd engaged local public health authorities to build relationships, public health capacity, and future opportunities. He was also on the front lines of force health protection, battling bugs like the norovirus and dengue virus. His tenacious attitude toward ensuring good hand hygiene, sanitary food preparation, and maintaining a clean water supply, helped personnel avoid any major or sustained outbreaks, something many cruise lines cannot boast.

LCDR Hurd has returned to NMCPHC as the Health Analysis Department Head, but considers himself blessed to have witnessed first-hand the good Continuing Promise achieves at the personal and national levels through such things as improving the sight of the vision impaired and fostering social and political stability by improving the health of local populations.

From the Front Office

By: Capt. Hoffman, NMCPHC, XO

I've been back onboard now for a little over six months, and although I've "lived" here at NMCPHC before, I really didn't have an appreciation for just how far-reaching and busy our Command was until experiencing it "firsthand." Many of our headquarters staff has been quite busy, spending a significant amount of time on the road in support of mission requirements. For example, as part of a multi-disciplinary team of industrial hygienists, epidemiologists, occupational and environmental medicine, and preventive medicine professionals, Dr. Paul Gillooly has spent the better part of the last six months delivering risk assessment/risk communication expertise across the globe in support of multiple missions. In addition, LCDR George Vancil spent some time in Korea presenting the capabilities of the Forward Deployable Preventive Medicine Unit (FDPMU) during a Health Service Support Planning Conference in Korea. Absolutely none of this would have been possible without our superb Administrative support staff that ensures we have all the resources and tools necessary to successfully execute our mission.

But that's just the start! Our field activities have been extremely busy supporting multiple humanitarian and capacity building missions throughout the world including Continuing Promise, Pacific Partnership, Southern Partnership Station and ever-increasing operational demands in Europe, Africa and the Pacific. They've also been particularly focused on improving capabilities to meet customer needs. Specifically, our drug screening labs are now using more sophisticated equipment with state of the art technology enabling increased detection of emerging threats. Our Bloodborne Infection Management Center is also working hard with our sister services to streamline operations. And the Navy Entomology Center of Excellence (NECE) continues to discover novel ways (leading to patents) to protect our deployed warfighters from disease transmitted by insects. These are just a few of many accomplishments achieved by all our field activities and detachments.

We have also experienced quite a bit of change. Summer 2015 ushered in new Officers in Charge (OICs) at the Navy Environmental Preventive Medicine Unit (NEPMU-5), NEPMU-6, and NECE and a new Commanding Officer (CO) at Navy Drug Screening Laboratory (NDSL) Great Lakes. A special "thank you" is in order for CDR Darryl Arfsten who, in addition to his duties as CO NDSL Jax, also "filled in" at NECE as interim OIC for the better part of 4 months. NEPMU-5 and the Naval Dosimetry Center continued working to improve their facilities through renovation projects. And NDSL Great lakes opened a state of the art facility. The biggest change, however, involved our transition from an echelon 3 command under BUMED to an echelon 4 command under Navy Medicine East.

The work accomplished by the entire NMCPHC team is truly impressive and valued by our stakeholders who understand "what we do" and rely on our expertise to successfully execute their mission. In other words, it means that we're hitting the mark when it comes to "Institutionalizing and optimizing our products and services" worldwide. It means that public health matters...what we do matters. No doubt, the future will bring new challenges. But with every challenge comes opportunity. Through our experience and expertise, we'll be ready as one team (sound familiar?) to seize our opportunities to deliver the best possible support to our customers. They're depending on us!

"Ask The Doc" Sexual Health Training Available On NKO

By: Hugh Cox, NMCPHC, Public Affairs

A new Navy web-based sexual health lesson is available on Navy Knowledge On-Line (NKO). This product was co-developed by NMCPHC and the Navy Education and Training Center's (NETC), formerly the Center for Personal and Professional Development (CPPD). The training is categorized as GMT-CARE, which means it must be delivered at least once per deployment cycle (or every 2 years).

"NMCPHC has been providing health-related subject matter support to NETC through CPPD for over 15 years, and we consider NETC and CPPD as valued public health partners," said Cmdr. Amy Drayton, NMCPHC Director for Population Health. "We consider NETC to be a valued public health partner."

The theme is "Ask the Doc!" and encourages Sailors to ask their doc about key sexual health issues. These issues include long-acting reversible contraceptives like the intrauterine device (IUD) and the sub-dermal implant, Human Papillomavirus (HPV) vaccination, emergency contraception, annual Chlamydia screening for young women, annual HIV screening for people at high risk, HIV Pre-Exposure Prophylaxis and Pap testing.

According to Mr. Michael "Bob" MacDonald, NMCPHC Sexual Health and Responsibility Program (SHARP) Manager, the training is intended to inform Sailors about these key issues and encourage and empower them to initiate conversations about sexual health with their health care provider. "The lesson format was developed in collaboration with multiple focus groups to maximize its resonance and relevance with young Sailors and leaders," said MacDonald.

The new on-line lesson invites the learner to select a baseball card to represent themselves--male or female baseball player. The learner plays nine innings of baseball against the computer, scoring runs for correct responses and for watching video clips. The game plays a bit differently for male and female learners. There is a "coach me" button with clues to the right answers that can be accessed before completing each "inning". Based on their score, learners earn a badge of "bench warmer", "starter", "all-star" or "MVP".

The brief, fun lesson may be accessed via NKO, Navy Electronic Learning, course CPPD-GMT-SHR-1. See the 2016 General Military Training instructions [HERE](#).

Visit the Health Promotion and Wellness Department's [Reproductive and Sexual Health webpage](#) for more information.

Join the Diabetes Resource and Collaboration Hub Today!

By: Health Promotion and Wellness (HPW) Staff, NMCPHC

NMCPHC recently launched the Diabetes Resource and Collaboration Hub (DRCH), an online community that promotes collaboration and resource-sharing, connects diabetes educators to existing resources, and facilitates communication among NMCPHC, Navy diabetes educators, and others across the Military Health System.

NMCPHC is growing the DRCH's membership and seeking diabetes educators, HPW stakeholders with an interest in diabetes education, and health care providers who provide education and care to patients with diabetes to join the online community.

Why join? The DRCH and its main collaboration platform – a milBook group within milSuite – offers members a variety of benefits, including:

- Diabetes self-management education and support resources that enable diabetes educators and providers to focus their time and efforts on patient education and care.
- The DRCH milBook group, which acts as a central repository for diabetes education materials and resources that can be used to create a new, custom program or enhance an existing local diabetes self-management education program.
- Access to fellow diabetes educators and health care providers who share education materials and best practices as well as engage in online discussions and collaboration events about diabetes self-management education.
- The opportunity to contribute, engage, and comment in the DRCH milBook group using features such as documents, discussions, and polls.

Interested individuals with a Common Access Card can visit <https://www.milsuite.mil/book/groups/diabetes-resource-and-collaboration-hub> to request access to the DRCH milBook group.

If you are not already a milSuite user, a milSuite registration guide can be accessed <http://www.afcea.org/events/cyber/13/documents/HowtoRegisterformilSuiteScreenshots.pdf>.

For more information on the DRCH, download the DRCH Fact Sheet at http://www.med.navy.mil/sites/nmcphc/Documents/health-analysis/NMCPHC_Diabetes_Hub_Fact_Sheet.pdf.

Comments or general questions can be emailed to usn.hampton-roads.navmcpubhlthcenpors.list.DRCH@mail.mil.

Navy Environmental and Preventive Medicine Unit Two (NEPMU-2) Provides Public Health Support to U.S. Naval Forces Central Command

By: Lt. Paula Volk, NEPMU-2, Public Affairs

This past September, experts from NEPMU-2 provided critical public health support to U.S. Naval Forces Central Command (COMUSNAVCENT). NEPMU-2 staff conducted Occupational and Environmental Health Site Assessments (OEHSAs) at two deployment sites in the United Arab Emirates (UAE) and one in Bahrain last year.

A Sampling and Analysis Plan was developed after the OEHSAs were completed to help validate actual or potential health threats, evaluate exposure pathways, and determine courses of action and countermeasures to control or reduce the health threats and protect the health of deployed personnel.

Cmdr. Alejandro Alvarado and Lt. j.g. Kevin McManus, NEPMU-2 Industrial Hygiene Officers, returned to the UAE and Bahrain in order to implement the Sampling and Analysis Plan. Air, soil, and water samples were collected using a wide variety of state-of-the-art equipment in order to best assess the habitability of the deployed environment. Alvarado and McManus met with command representatives from COMUSNAVCENT, Coastal Riverine Squadron 3 (CRS-3), and the UAE's U.S. Vice Consul as well as with individual sailors deployed in Dubai (Jebel Ali and Fujairah) and ISA Air Base in Bahrain. "We were met with high interest for our team's risk assessments of environmental contaminants that may be found in the air, soil, and water," said Alvarado. "Sailors had a lot of questions and were glad to know that the Navy was looking after their health and safety while deployed, and are hoping to learn more about the outcome of the environmental sampling," added McManus.

Results of the monitoring and sampling will be documented in the Defense Occupational and Environmental Health Reporting System (DOEHRS). This information is then utilized to develop Periodic Occupational and Environmental Monitoring Summaries (POEMS), which describe risks for individuals assigned or deployed to contingency locations as required by DoD regulations.

The POEMS will provide monitoring results, estimated personnel exposures, assessment on whether estimated exposures are acceptable or unacceptable, and the criteria used for the estimate, along with any anticipated acute, chronic, or latent health effects. "Based on this, Force Health Protection recommendations are made in order to protect the health and safety of our deployed personnel," said Alvarado.

Visit the [NEPMU-2 webpage](#) for more information.

Four 'Ds' of Dengue Prevention for Oahu

By: Lt. James Harwood, NEPMU-6, Public Affairs

As of Nov. 24, there have been a total of 93 confirmed cases of dengue fever on the Big Island of Hawaii and one case of the disease in east Oahu. While the sick individual in Oahu was infected during a trip to Southeast Asia, the disease is being transmitted and spread on the Big Island by mosquitoes.

Dengue fever is caused by an infection by the dengue virus. Symptoms include high fever, headaches, pain behind the eyes, joint and muscle pain, and rash. The virus responsible for dengue fever is contracted from the bite of a female yellow fever mosquito (*Aedes aegypti*) or Asian tiger mosquito (*Aedes albopictus*).

These mosquitoes live in close proximity to humans and lay eggs near homes in containers, like flower dishes and pet bowls, discarded tires, and water-filled plant parts, such as cut bamboo and tree holes.

Visit the [Ho'okele](#) to continue reading this article.

NEPMU-2's Industrial Hygiene Lab Passes Biennial Inspection

By: Lt. Paula Volk, NEPMU-2, Public Affairs

NEPMU-2 announced that its Comprehensive Industrial Hygiene Laboratory (CIHL) passed their biennial Commission on Office Laboratory (COLA) inspection with zero deficiencies. The CIHL monitors Navy personnel exposure to chemicals through air, bulk and swipe sampling. The results generated by the CIHL are provided to industrial hygienists and health care professionals, who then make assessments regarding workplace controls, such as personal protective equipment, or whether a worker should be enrolled in medical surveillance programs.

"The nationally recognized COLA certificate translates into mission readiness and provides customers with high-quality and reliable test results through analytical process improvement," said Helen Penn, NEPMU-2 CIHL director. Capt. Lori Krevetski, NEPMU-2 laboratory medical director, praised the staff for their dedication to quality testing. "A flawless performance in a laboratory accreditation inspection such as this is a direct reflection on the dedication and professionalism of our staff, and I extend my sincere appreciation and a hearty congratulations on a job well done," said Krevetski.

COLA has become the nation's largest private accrediting organization of clinical laboratories. It serves nearly 8,000 labs across the country through a program of voluntary education, consultation and accreditation. In 1988, Congress passed the Clinical Laboratory Improvements Amendments (CLIA) establishing quality standards for all

laboratory testing, thus ensuring the accuracy, reliability and timeliness of results. Completing COLA's accreditation program requirements ensures the laboratory is in compliance with CLIA and the DoD Clinical Laboratory Improvement Program (CLIP).

NEPMU-2's CIHL is staffed with chemists and technicians who have diverse analytical expertise and many years of experience serving in the government, private industry and academia. The laboratory manages the Navy's industrial hygiene samples as well as offering pediatric and occupational blood lead testing.

In 2015, CIHL Norfolk processed 7,000 blood samples, with the volume of samples varying from month to month. The criteria for passing the COLA accreditation process have become increasingly more difficult as quality control requirements become more stringent. "We're proud of our CIHL colleagues and all they've accomplished," said Cmdr. Jennifer Espiritu, NEPMU-2 officer in charge. "The results of this survey are a testament to their dedication, hard work and professionalism."

Visit the [CIHL website](#) for further information on the sampling guide and other services the CIHL offers.

Epi Data Center Recognized at the 2015 Military Health System Research Symposium

By: Hugh Cox, NMCPHC, Public Affairs

The Epi Data Center (EDC) was recently recognized at the 2015 Military Health System Research Symposium in the Outstanding Research Accomplishment/Team/Intramural category.

The award recognized the collaborative effort between the EDC team, the Army Multidrug-resistant organism Repository and Surveillance Network (MRSN), and the Armed Forces Health Surveillance Center/ Global Emerging Infections Surveillance, a partnership known as the Antimicrobial Resistance Monitoring and Research (ARMoR) Program. The EDC provides daily antimicrobial resistance surveillance reports and alerts to the MRSN and Department of Defense (DoD) military treatment facilities on emerging drug resistance patterns and bacterial pathogens of urgent, serious and concerning threats per the CDC classifications.



The award was the result of a tremendous team effort and credits the Clinical Epidemiology and IT divisions within the EDC of being on the cutting edge of antimicrobial resistance surveillance for several years. The collaboration with MRSN has created an enterprise wide, comprehensive, strong program that addresses the growing problem of antibiotic resistant bacteria.

The award recognized the EDC team as part of the ARMoR program for their surveillance efforts in support of the White House 2015 National Action Plan as a key element in the approach to Combating Antibiotic Resistant Bacteria (CARB). The ARMoR program consists of research microbiologists, epidemiologists, and infection control professionals using a centralized molecular diagnostics and bioinformatics laboratory, electronic medical and clinical laboratory record data mining, feedback to stakeholders, and applied research to quickly and accurately identify and catalogue emerging infections.

Although the program benefits all DoD healthcare beneficiaries, its most notable impact over the recent year has involved support to deployed warfighters in Afghanistan, Kuwait, AFRICOM, and Honduras, and wounded evacuees at Walter Reed National Military Medical Center (WRNMMC) and the San Antonio Military Medical Center (SAMMC).

"This award recognizes the importance of joint collaboration, leveraging the expertise and talents of a multi-disciplinary team of scientists to prevent and control infections due to multidrug resistant bacteria, directly supporting the war-fighter," said Capt. Hoffman, NMCPHC Executive Officer. "We are extremely proud of our team members who received this award and the entire Navy and Marine Corps Public Health Center staff who dedicate themselves to delivering public health excellence to our customers every day."

U.S., Spanish Navies Complete Bilateral Pest and Vector Management Training

By: NEPMU-7, Public Affairs

Members of NEPMU-7 trained with their Spanish navy counterparts at Naval Station Rota during a three day operational entomology training, Sept. 28-30.

This collaborative training, approved by the U.S. and Spanish Permanent Committee and the Spanish Joint Staff, marks the first time the U.S. and Spanish navy public health experts have teamed up to share best practices in battling disease vectors like ticks, sandflies, mosquitoes and other pests that commonly threaten the health and welfare of Sailors and Marines in both navies.

The training included demonstrations of vector surveillance techniques, insect identification, pest control methods including non-chemical and chemical control, and use of equipment used to manage vectors and pests. It concluded with a demonstration of the sanitario arc, the Veterinaria Militar Armada mobile decontamination station used to disinfect equipment entering and departing the port to prevent movement of biological agents (fungi, bacteria, virus or insects) into or out of the Kingdom of Spain.

"What I took away from the training was our navies battle similar pest and vector problems both on land and at sea. We both use a strategy called integrated pest management which is both an effective and environmentally sensitive approach to pest control," said NEPMU-7 Entomologist Lt. Cmdr. Connie Johnson. "We have similar shipboard pest management problems, so it was interesting to see the strategies and equipment that the Spanish navy utilizes. I think that some could easily be incorporated into our work aboard ships for the U.S. Navy."

Vector-borne diseases like tick-borne encephalitis, leishmaniasis, dengue fever and malaria account for 17 percent of the estimated global burden of all infectious diseases and can have a tremendous impact on military operations. The training allowed experts from both navies to see where their pest and vector management programs aligned and where equipment and techniques differed in order to identify best practices. The training also provided a foundation for future collaboration and support in the event of an emergency.

"It has been a pleasure and a great opportunity to work together and to learn from our American colleagues. On our side, we contributed with our experience in pest control operations in our area of influence and responsibility, both within land units and ships. We also shared our experience in controlling vector transmitted diseases that Spanish troops may be exposed to where they operate or are deployed," said Comandante Veterinario Silvia Saenz de Santa Mara Saez, veterinarian and officer in charge of the Servicio Veterinario, Jefatura de Apoyo Sanitario de la Bahia de Cadiz.

"I look forward to having another opportunity to work with our Spanish counterparts. The more we work together, the more we can learn and benefit from mutual support should we ever face something like a vector-borne disease

outbreak," said Johnson.

For more information on pest and vector management in the U.S. military, look to the Armed Forces Pest Management Board (AFPMB) at www.afpmb.org.

The AFPMB recommends policy, provides guidance and coordinates the exchange of information on all matters related to pest management throughout the Department of Defense (DoD). The AFPMB's mission is to ensure that environmentally sound and effective programs.

Navy Medicine Careers Promoted at High School Career Fair

By: Hugh Cox, NMCPHC, Public Affairs

Staff from the Navy Bloodborne Infection Management Center (NBIMC) met with teachers and students of the Elizabeth Seton High School Nov. 19, as part of NBIMC's ongoing partnership with the school and commitment to community service.

Capt. Charmagne G. Beckett, NBIMC officer-in-charge, and Ms. Debra Helman, NBIMC program analyst & diversity officer, were on hand for the school's career fair and provided valuable guidance and encouragement to students interested in pursuing careers in science, technology, engineering and mathematics (STEM).

This marked the fourth consecutive year that NBIMC participated in the annual STEM career fair at the all-girls private, Catholic high school.

The event features women leaders from diverse careers and professions to showcase the vast array of opportunities available in the workplace.

Dr. Beckett, who used the opportunity to promote Navy Medicine says that she looks forward each year to inspiring young women and sparking an interest in military medicine.

"Most of the students get confused with the idea of a 'doctor' wearing a military uniform," said Beckett. "Students often ask me if I'm a real doctor."

Beckett enjoys the moments sharing her personal experiences during the 19 years spent serving the U.S. Navy as a physician, and the distinguished honor to have received a Health Professions Scholarship for her medical school education.

"As an Associate Professor of Medicine at Uniformed Services University of the Health Sciences (USUHS), I'm eager to promote USUHS as another path to military medicine," said Beckett.

Helman, who accompanied Beckett on her last two visits to Seton, has been with Navy Medicine for 23 years providing valuable administrative support to NBIMC. She shared her experiences with students as a member of the Federal Civil Service. Both Helman and Beckett informed students of the numerous opportunities available to them in Federal employment.

Ms. Sylvia Cason, Elizabeth Seton High School guidance counselor and career fair organizer expressed her appreciation for NBIMC's participation in the event.

"Our students really enjoyed thinking about the wonderful opportunities that await them," said Cason. "We are grateful for what you have brought to our community today, and we look forward to your presence with us again."

Public Health Sailors Celebrate Red Ribbon Week with Local Area Elementary School Students

By: Lt. Cmdr. Margaret Walker, NEPMU-5, Public Affairs

Sailors from NEPMU-5 celebrated Red Ribbon Week with students and faculty from the Olympic View Elementary School, Chula Vista, Calif., Oct. 23.



HM2 Bender from NEPMU 5 educate children on the health effects from tobacco use during Olympic View Elementary School's 7th Annual Red Ribbon Week in Chula Vista, CA. (U.S. Navy photo by LCDR Walker)

Red Ribbon Week is an annually recognized campaign event in schools throughout the United States as an opportunity to engage and bring awareness to our youth about the effects of drugs and alcohol abuse. The red ribbon is symbolic in honor of Special Drug Agent Enrique "Kiki" Camarena, a Mexican-born American working undercover who sacrificed his life while investigating drug traffickers in 1985.

Hospital Corpsman 2nd Class Derrick Bender, a NEPMU 5 Preventive Medicine Technician (PMT), shared valuable information with the students about the dangers of tobacco use.

"I felt that it was a great way to give back to the community and really show them all the various aspect

of tobacco use and further explain how tobacco use can affect their appearance, overall health, financial stability, and everyday enjoyments," said Bender.

NEPMU-5 staff members HM1 Byron Hewitt, Preventive Medicine Technician and Dr. Regina Pointer, Health Promotion Specialist devoted many hours toward organizing what proved to be a very successful occasion. In addition to the organizers, other NEPMU-5 Sailors supported the event, providing the children with both educational and entertaining activities.

NEPMU-5's Public Health and Surveillance Department officially pledged in a signed partnership agreement with Olympic View Elementary, to achieve educational enrichment activities to promote student learning throughout the year. Cmdr. Shelton Lyons, Officer in Charge shares his heartfelt sentiments of the importance of community partnerships.

"NEPMU 5 Sailors are strong leaders; we believe in actively contributing to our community and the future of our youth," said Lyons.

Gloria U. McKearney, Olympic View Elementary School Principal thoroughly enjoyed the event and joined in on the enthusiasm.

"The students had a wonderful time and learned a lot during the anti-drug presentations," said McKearney.

NMCPHC Announces 2015 Sailor of the Year

By: Hugh Cox, NMCPHC, Public Affairs

NMCPHC announced, Nov. 23, the selection of its Sailor of the Year (SOY) for 2015.

Hospital Corpsman 1st Class (HM1) Jorge Castilleja, operations leading petty officer (LPO) for the Navy Environmental and Preventive Medicine Unit Seven (NEPMU-7), Rota, Spain, and a native of Pasadena, Texas, was selected as the NMCPHC 2015 SOY, from a field of highly qualified candidates throughout NMCPHC's headquarters and ten field activities.

"I see the hard work, mentorship and support HM1 Castilleja provides to the operational forces every day," said Lt. Cmdr. David Veenhuis, NEPMU-7 operations officer. "We are so lucky to have such top notch sailors out here on our small team. All of us at NEPMU-7 are extremely proud of his achievements."

Castilleja, who entered the Navy in 2005, was also recently selected as the Bureau of Medicine and Surgery Headquarters 2015 Sailor of the Year.

As operations LPO, Petty Officer Castilleja manages the daily operations of his department, ranging from administration to preventive medicine support for fleet customers.

"I am just so grateful to be part of this awesome team at NEPMU-7. Our leadership is always motivating us to continue to grow. Our ward room is always teaching us new things. Our Chiefs are always there for us, and my peers and Sailors make the days fun and exciting," said Castilleja. "I could not have been blessed with a better family overseas."

Senior Chief Hospital Corpsman William Hayden, NEPMU-7 senior enlisted leader, said he values the leadership and commitment to excellence that Petty Officer Castilleja provides on a daily basis.

"HM1 ranks amongst the most talented and capable Sailors I have worked with," said Hayden. "His contributions are truly a force multiplier for our command's mission and the missions of our supported partners."

According to Capt. Juliann Althoff, NEPMU-7 officer-in-charge, Petty Officer Castilleja embodies exceptional professionalism and dedication, and seeks out challenges and excels at everything he does.

"We are extraordinarily proud to have him as a member of our team and to have him represent NEPMU-7 as our Senior Sailor of the Year," said Althoff. "It is extremely well deserved."

NMCPHC headquarters leadership expressed similar sentiments. "The entire Navy and Marine Corps Public Health Center team is extremely proud of HM1 Castilleja," said Capt. Eric Hoffman, NMCPHC executive officer. "His selection as our Sailor of the Year speaks volumes about his professionalism, selflessness and focus on the success of our customers and his shipmates."

When asked what advice Castilleja has for those Sailors that aspire to follow in his footsteps he replied, "I would tell them to not follow in my footsteps. I would recommend they blaze their own path; their own way, doing what they love to do. A mentor is always a must but at the end of the day, if you love what you do, you will be surprised at the things that can be accomplished."

Congratulations

Congratulations to our NMCPHC Enterprise Civilian Employee of the Fourth Quarter FY15 Award winners!

- Category I Winner: Ms. Carla Wilson, NMCPHC
- Category II Winner: Ms. Kimberly Terneus-Fischer, NEPMU-5

Congratulations to the following Petty Officers from our Field Activities who advanced to the listed grades.

- NDC: HM3 Kyle Wardlow
- NEPMU-2: HM1 Russell Ongkeko, HM2 Jennifer Knight, and HM3 Derek Galveo
- NEPMU-5: HM2 Marcelo Gomez
- NEPMU-6: HM1 Elmer Lacanilao
- NEPMU-7: HM2 Jay Cherluck